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A Week Among the Hutterites

By E. G. MUNN

Public Health Nurse, Manitoba Provincial Board of Health

The first visit of the provincial public health nurses to the Hutterite colonies was made November 24th, 1919.

Leaving Winnipeg at 10.40 a.m. (Canadian Northern Railway) for Eli, Manitoba, we enjoyed the company of Mrs. S. H—— and Miss B——, teachers from other colonies, to the place for which we were bound.

Miss W—— and I were met at Eli by two male members of the colony, who very kindly furnished us with huge sheepskin-lined coats. They tucked us in the sleigh, beneath a sheepskin-lined robe, with our backs to the storm, giving instructions that, if we were not comfortable, "just to say so." Driving on, we were asked if our homes were in Winnipeg. Then, farther on, "How are the ladies now?". "Are you comfortable?" etc. Going on for nearly an hour over five miles of partly bare and icy roads, we arrived at R—— farm, stopping in front of a small new cottage, which we learned was the teacher's residence. After being assisted out of the sleigh and our great-coats, we were welcomed by the colony teacher, Mr. M——, and a delegation of about ten women, who helped us brush the snowdrifts from our collars, caps, eyes, etc.

MEDICAL FACULTY. McGILL.

We were soon warm by the roaring fire in the cottage, thus giving us a little time to take in our surroundings.

The cottage consisted of a space 20 x 14 x 8, with a partition through the centre. The outer part was used as a washroom, and the inner was furnished with two single cots, two chairs, an office desk, and a clock on the wall. The cots were equipped with feather mattresses, pillows and comforters. The mattresses were covered with white sheets, and the pillows and comforters with flowered cambric and checked gingham, fastened with hooks-and-eyes at one end. Everything was scrupulously clean. The walls were decorated with yellow paint to a wainscotting height, and the remainder white. On the desk was a coal oil lamp, placed on a conventional design doyly; also a pitcher of drinking water and a glass. A basin of hot water, towels and soap were then placed in readiness for us to remove the travel stains of our journey. Then the question of dinner arose. Would we have it brought over to the cottage, or go to the community house? We decided in favor of the community house, on account of there being less work involved.

Entering the kitchen, where women were at work in preparing various lines of food, we were shown through to the community dining hall, passing the long rows of board tables, with benches on both sides, and all painted red. The long table arrangement is rather unique. The coffee is made hot in a hot-water kettle, and placed at the end of the table on a wooden stand, with a handle at the back for the purpose of tipping the stand when the cups need filling. At the front of the stand is a shaped board, into which the spout fits, to prevent slipping. The tea is served in a tall granite teapot, while the bread is sliced and placed on a wooden cake-stand in the middle of the table. The remainder of the food is served on the granite soup plates and in enamel basins. We were seated at a small table in the centre, spread with a white cloth. An enameled soup plate, a knife, fork, dessert-spoon, teaspoon, and a cup and saucer of heavy earthenware were placed for each of us. The food was then served. It consisted of Hamburg cakes, sausages in cases, chicken, soup, fried potatoes, rye bread, tea, coffee, honey and soda biscuits. The hearty appetites we exhibited were probably due to the cold drive. In any case, our enjoyment of the meal must have been gratifying to our hosts. During the meal Mr. M——, his father, brother and daughter in turn appeared, and were introduced.

Dinner finished, we went to the school to meet Mr. W——, the teacher, whom the Department of Education has placed in charge. We gave the children an explanation of our mission in their midst.

Next we were escorted to Mr. M——'s home, there meeting Mrs. M—— and ten children, whom we found to be of a superior type. Mr. M—— took sufficient studies while living in the States to give him a second-class certificate. Mrs. M—— is fairly well educated in German. She wrote during the early years of her married life, while the children were small, four books with pen and ink. These showed beautiful pen-

manship. Mr. M—— translated parts of them for us, which all pertained to religious work.

Mrs. M—— said her six-months-old baby was sick. He appeared to have all the symptoms of measles. We were shown over the house by Mrs. M——, finding everything as clean as our cottage.

She then took us over to the new dining hall, which was nearing completion. Our eyes opened with amazement, on entering the cellar of this building, to see barrels of pork in the process of curing (fifteen hogs having been slaughtered last week, and thirty more to be next week). Besides these, there were stores of onions, cabbage, potatoes, beets, corn, vats of pickles, etc, this being the supply for the colony of 185 people until produce is ready next year.

Returning to the M—— home, we chatted a while longer; then returned to our own little domicile, to unpack bags, etc., and get somewhat settled. Not long were we alone, however. Mr. W—— came over from school; then two girls appeared with a calendar, which we hung over the desk to help keep the days straight. After chatting for some little time, we were called for and escorted to supper by the elder Mr. M—— and one of the girls. We asked her to come and visit us at the cottage, which she readily promised to do.

The supper followed the dinner in sumptuousness. This time we were seated at one of the long tables with Mr. W——. The chatting made our meal more pleasant. The white cloth had disappeared, evidently being designed for first courtesy only. After dinner, one of the girls, with a lantern, escorted us across the campus, the wind blowing tremendously, not having yet abated from the morning's storm.

On inquiring what the jug contained that she was carrying, we learned that it was water, to be left on our heater over night, for the morning ablutions.

Not many minutes elapsed before our cottage door opened to admit twelve girls, from the ages of sixteen to twenty. Each girl was dressed alike in the peasant costume of checked or striped flannel, plain basque (hooked down the front), with a full skirt, apron, heavy home-made shoes, and 'kerchief-covered head. They were eager to see our possessions; our embroidery and crochet work was wonderful to them. They asked if we could sing. Miss W—— and I did our best, and discovered that these peasant girls had memorized every verse of their songs, and sang fairly well. One asked if we knew "O Johnny, O"—she had heard it on a phonograph *once*. She thought a phonograph was splendid, since it played and sang itself. Finally, Mr. M—— appeared, to assure himself that our fire was all right, and the girls left with him, promising to come again.

They are a rugged looking people, and, on the whole, are of average stature, which, of course, will not be increased with the continual colonization. They marry second cousins, but not first. It is a question if their keenness of mentality will not ultimately be diminished. We

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felt that, as a people, if they were dressed in the fashion of the day, they could not be distinguished from a different race other than one born under the British flag.

During the lying-in period, a woman is assigned to care for the mother and baby for three weeks. Special meals are prepared and sent from the community kitchen to the home for six weeks, the mother not being allowed to eat the regular food. After six weeks, she is again able to resume her part of the work of the community.

The children, from infancy to five years, are fed in the family living-rooms. From five to fifteen years of age they eat in a separate dining-room, two women being assigned to look after them. From fifteen years and upwards they eat with the adults.

NOVEMBER 25, 1919

The night was uneventful, except for awakening with a very chilly feeling, to find the comforter and our great-coats had taken a slide to the floor. Rising about 7.30 a.m., we made preparations for the day. In making our beds, we discovered one had folding sides. By straightening these and putting the mattress on one bed, with two comforters for top warmth, we are able to share the one couch, simplifying the sleep question for the rest of the week. One of the girls came to call us for breakfast. On returning, Mr. M—— appeared; then Mr. W—— sent the children for inspection. Mr. M—— stated that all new movements were regarded with suspicion, but he felt this work with the children was a most necessary one. Looking at our white gowns, he decided we looked like angels! We gave him copies of all our literature, which seemed to please him. Since lunch, he has asked for more copies of our book on "How to Keep the Baby Well." He seemed delighted with the idea that the twelve older girls would be taught "First Aid" when they visit us this evening.

In chatting with Mr. W—— at the lunch table, he said that the girls, after leaving us last night, went to his room to tell of the wonderful time they had, and of their intention to come back this evening.

Finishing our records, after lunch we spent an hour in the school, giving health talks to the class, who listened very attentively, and responded well to questions. After this the children repeated proverbs and sang for us. Mr. W—— has had considerable difficulty in correcting their faulty English. Patriotism is also having an important place in the school work.

After four o'clock, accompanied by Mr. W—— and several of the boys, we went the rounds of the stable buildings. The first sight was a flock of over two hundred ducks and geese; then two hundred pigs, fifty cows, forty horses, eighty sheep; the one great feature of it being all pure-bred stock, with buildings, implements, etc., of the best, and kept in splendid condition. The farm covers five square miles.

We received the supper call, and, in chatting with Mr. W——, found the reason for our being grouped and seated apart from the rest at a separate table. It is that we are not "brethren and sisters of the community people." Mr. W—— accompanied us to the cottage for a discussion of our problems. The girls came over with an elderly woman to chaperone, who did not "speak any English" (apparently) until she found we were not teaching anything of which they could not approve. Later a young lad, nineteen years of age, and two boys, twelve and fourteen years of age, came. The conversation turned on general lines. At 8.45 p.m. everyone went home. We are as free as the air among these people, yet being escorted everywhere, and a close watch kept on all our movements.

NOVEMBER 26, 1919

We were called at 7.45 for breakfast (a rap on the window). We have no blinds on the cottage, but Jack Frost has kindly made up the deficiency. Our fire was low this morning, the temperature being about 25 degrees below zero, which made it rather chilly.

Mr. M—— came in after breakfast, and discovered we had the most necessary damper (for coaxing the fire) closed. It has been much warmer during the day, and we are quite thawed out. Now, knowing the details of our stove, we will get on better.

Mr. W——'s report at lunch time was that the girls were highly delighted with the First Aid lesson. They get Mr. W—— to explain the English words that they cannot grasp. Surely this will leave some imprint on their minds after we have gone. They seem very interested in all our clothing, asking what we called it, where we live, how many years old we are.

To-day we had raisin pie and pickled watermelon for dinner. These are special dishes to which we are being treated.

Mr. M—— spent the morning, as usual, watching the children inspected and interpreting for us.

We went to the classroom this afternoon, giving the children health talks.

The most striking feature, in looking over the classroom of boys and girls, is the peasant costume—all so plain and severe; the girls always with the hair covered, and the boys with the same Buster cut hair, which makes one long to see the results of some up-to-date barber's work, and to remove the 'kerchief and loosen up the girls' severely plain hair. The difference in their appearance would be remarkable, since these boys and girls are just as pretty as our own boys and girls if only attractively dressed.

Mr. W—— told of the illness of the blacksmith, and made arrangements for us to go and see him. He seems to have quite a sore throat and fever, but is better than yesterday.

After supper, to-night, the girls and all older boys came to spend the evening, Mr. M—— being convener. Mr. W—— brought along

some music books, and we had a real evening of community singing. The girls practiced the bandaging again. We added the padding and use of splints to the lesson.

While watching the children inspected this morning, Mr. M—— said: "It was a good thing the smaller children were sent yesterday, or else Miss M——, the shorter nurse, could not have reached to measure them. It was better for Sarah (Miss W——) to have the tall ones." This is not disrespect in any sense. Mr. W—— does not get the prefix at all, and is usually Villiam or Uncle Villiam, everything he says or does being quoted. He is the only English-speaking person to live among them for so long a period.

The round of domestic duties is imperative, each one being assigned to a given line of work. There is an overseer in each division, the others taking turns. The living-rooms for each family are scrubbed every morning. So far as we have gone, everything seems to be well kept. Of course, the cooking is done in great bulk, in vats, trays, cans, etc. The bread and buns are baked in a large baking oven having six compartments.

There are new colony buildings going up on the next farm. Then a part of the colony will move down there. It will be run co-operatively with this farm until it is up to the same strength.

The young girls and boys are carefully guarded, not being allowed to go anywhere unless escorted. The women are never away from the farm. The sad part of their lives is that the arrangements for future homes are all planned for them. Then the young men and women accept the inevitable, having never lived in any other way to learn of the freedom that British subjects enjoy in this respect.

En route from the United States to Canada, having a stop-over in Minneapolis, the men went to see the sights of the city, while the women were kept under guard in a room at the station.

These people have clear, open countenances. They do not smoke nor swear; but liquor is kept, a small flask being in the possession of each woman and young girl. Yet no one is ever seen intoxicated. It may be that, like Paul in Biblical days, "they just take a little for their stomach's sake."

NOVEMBER 27, 1919

We breakfasted; then finished the inspection of the children, being a total of forty. We have now returned from dinner. A drive is arranged for us to see the new colony buildings. Two of the young men took us down in the sleigh. The buildings are modern except for the community idea, there being four families in each. Each family has three living and sleeping-rooms. The families average seven or eight children, not having any more than ten.

The supper was uneventful, except that we discovered a piece of comb in the biscuit basin. This may have been a practical joke, on account

of the pediculosis found, and the children being asked if they had fine combs. To-night, however, when the older girls came in, one of them brought a piece of comb and asked if we had lost one. We are still nonplussed.

We had another evening of community singing. In all, about thirty-five, with the coming and going of the boys and girls.

Miss W——'s hat was tried on by one of the girls. It proved very becoming, compared with the tight bonnet and kerchief.

NOVEMBER 28, 1919

We breakfasted at 8.30 a.m., came back to the cottage, and finished our work. Mr. M—— came in, and this gave us an opportunity to settle our finances. He seemed satisfied with $1.00 per day each, not charging anything for transportation to and from the depot and to the other colony.

We went to the school about 11.30 a.m. to say good-bye to the children. They sang "God Save the King." The teacher first explained that there were forty-five different tongues represented in Canada, and that all were being taught English and loyalty to the British flag. This was what being a Canadian meant.

We noticed at dinner that visitors were admitted to the community tables. These were representatives from each of the four other colonies to discuss the advent of the nurses. The people have asked repeatedly which colony we intend visiting next.

The leaders of the colony seemed to enjoy the general conversation pertaining to the outside world. By their religious creed, quoting suitable passages of Scripture, they teach their young people of the great reward in Heaven, because they are a people set apart in their mode of living as being the only correct one, according to the Bible.

It is a question whether the young people can be kept in the straight and narrow path of their forefathers, if the educational authorities persist in sending their representatives among them. It is almost incredible to think of young men and women, in our civilized Canada, being garbed in such a costume and kept apart from the freedom to which every British subject is entitled, and living just within the reflection of Winnipeg's electric lights.

These people, with their strange ideas, have no musical instruments and never whistle, but express their musical talents in singing. They have very little idea of voice modulation, which sometimes does not produce the desired harmony to the trained ear. One point is evident, that, with musical training, a great many voices could be wonderfully developed. They also bar mirrors and pictures of any description, except the inevitable gaily-colored calendar, which finds its way to so many homes.

One strange feature which was impressed upon us during our week's stay among the Hutterites: The minister is just one of the colony men appointed by their lot-drawing system, and is not ordained at all. Is it

legal, according to Canadian laws, to perform marriage ceremonies without obtaining his ordination or marriage licenses?

We are most grateful to Mr. W—— for his splendid co-operation in this work. It has been of inestimable assistance.

Canadian National Conference on Character Education

Madam President:

I beg to submit the following brief report of the Canadian National Conference on Character Education in relation to Citizenship, held in Winnipeg on October 20, 21 and 22. It was arranged to have the proceedings printed and distributed among the delegates at an early date following the conference; hence your delegate did not take copious notes. I shall forward the printed proceedings to you as soon as I receive them.

All resolutions presented at the conference went into the hands of the Resolutions Committee. Some liberties were taken with the wording of our resolutions, but they were passed by the conference. I am attaching the newspaper clipping to indicate the form in which they were passed. The chief speaker to the resolutions was Dr. Hugh Dobson, secretary of the Social Service Council of the Methodist Church in Canada. In a three-minute address, he pointed out that health inspection of school children could be most successfully carried out through the medium of specially-trained school nurses, and spoke of one province in Canada, which he had recently visited, that was about to change its medical inspection of schools to health inspection by school nurses.

Resolutions submitted:

That immigrants, having non-British names, be required to change their spelling or adopt new names, in order that none might know their original origin.

That health inspection be extended to all school children of the Dominion, and teachers in training be given special health courses to facilitate this work.

That a Canadian Citizens' Education Association be formed, with executive officers and membership fee, to perpetuate the work begun in the conference.

That a Bureau of Education be established similar to the one outlined in the Smith-Towner bill in the United States.

The speakers at the conference, other than Canadians, were Dr. Soares, of Chicago University; Dr. Suzzalo, president of the University of Washington, and the inimitable Peter Wright.

Dr. Soares defined the educated person as the person who can respond, and who will respond, efficiently to every social situation in

which he finds himself. He instanced the cases of the little girl helping her mother wash the dishes; of the man who was head of the corporation willing to join a conference with his employees; of the man who filled in his income tax schedule, not because the Government made him do it, but because he was anxious to do his part in bearing taxation. The aim of education was progressively to produce that sort of person, and it failed utterly if it failed in that one thing. He pointed out the fallacy of the old conception of the purpose of education—that is, to fit the child to live his adult life. He emphasized the fact that childhood is as complete a stage in existence as adult life is, and that the purpose of education is to secure the maximum of development for each particular stage in life.

Dr. Suzzalo spoke on Democracy. He strikes one as a man who is devoting all the resources of a great mind to making the world a better place to live in. He is an idealist who is putting his ideals into practice. As if to demonstrate present-day democracy in Canada, this finished scholar, the president of a great university, was followed by Peter Wright, the Labor leader, who could not read or write at sixteen years of age. Never before have I seen an audience respond to a speaker as that audience did to Peter Wright. Near the beginning of his address he said something to this effect: "I've heard a great deal about morals since coming here, but I've heard mighty little about the kids themselves. Let me tell you, you can't teach morals to hungry kids; and there are more of them in the world than you know anything about."

Among our Canadian speakers one must mention Dr. Helen MacMurchy, whose address was so much appreciated by everyone, and who is known and loved throughout Canada by all the members of our profession.

The one great discussion of the conference centred around the formation of a Bureau of Education. The motion was to the effect that a Bureau of Education be created by the Dominion Government on somewhat similar lines to the Bureau of Education at Washington. The amendment to the motion was that a Department of Education be created at Ottawa, with a Cabinet Minister in charge. The almost universal exception taken to this was that a department of this kind would bring education into the field of politics. The much-discussed amendment to the amendment was that a bureau for the purpose of carrying on research work and conducting surveys, etc., be organized by the council elected at the conference, and that the Dominion Government be asked to help finance it by making liberal grants. The amendment to the amendment was finally passed.

The treasurer of the original committee made an announcement that the council would start out with funds amounting to approximately $25,000. This amount and the expenses in connection with the conference have been raised in the most part by the Rotary Clubs, although some very liberal individual donations have also been given.

One of the important features of the conference was the electing of a council of fifty members to conduct the business of the conference

for the next three years. For this purpose the delegates divided up into provincial groups, each province having power to name four delegates. The thirty-six thus chosen then had power to add to their number fourteen more. Your delegate had the honor of being appointed on this council as one of the four representatives from Saskatchewan. It was agreed that there should be at least one woman from each province on the council, so that, out of the nine women on the council, one belongs to the nursing profession.

The personnel of the National Council as nominated by the provincial delegates and elected by the conference were as follows:

British Columbia—Principal W. H. Vance, Vancouver; H. Charlesworth, Victoria; W. H. Leckie, Vancouver; Mrs. M. L. Boyle, Vancouver.

Alberta—Mrs. L. C. McKinney, M.L.A., Claresholm; W. G. Carpenter, B.A., superintendent of schools, Edmonton; H. W. Wood, president United Farmers of Alberta, Calgary; J. T. Collisson, member Separate School Board, Edmonton.

Saskatchewan—Dr. Snell, Mr. Hamilton, J. F. Bryant, Miss Jean Browne.

Manitoba—W. J. Bulman, Winnipeg; Dr. D. McIntyre, Winnipeg; Prof. W. F. Osborne, Winnipeg; Rev. Dr. E. Leslie Pidgeon, Winnipeg.

Ontario—Hon. Dr. Cody, Prof. H. T. J. Coleman, Kingston; Thomas Moore, Dr. Helen McMurchy.

Nova Scotia—Dr. Slocan, Truro; Mrs. Sexton, Halifax; C. J. Buchell, Halifax; Rev. Dr. Tompkins, Antigonish.

New Brunswick—Rt. Rev. Bishop Richardson, Fredericton; Inspector Peacock, Fredericton; ex-Governor Josiah Wood, Sackville; Mrs. James F. Robertson, St. John.

Quebec—Hon. Athanase David, Montreal; Hon. Cyrille F. Delage, Quebec; Howard Murray, Montreal; Dr. G. W. Parmalee, Quebec.

Prince Edward Island—Dr. McLellan, rector of St. Dunstan's College; Dr. S. N. Robertson, principal of Prince of Wales College; J. O. Hyndman, Charlottetown; Miss Carrie Ellen Holman, Summerside.

The original convening committee will retain its identity until their books are audited. They are also to prepare agenda for the meeting of the council in Ottawa. If there is anything in the nature of agenda which the C. N. A. of Trained Nurses wishes to have brought up, I should be glad to present it at the meeting of the full council in Ottawa.

All of which is respectfully submitted.

JEAN E. BROWNE.
Substituting for Miss Johns as Delegate.

They say a rich Frenchman who died lately made his fortune out of used corks. Which doesn't sound so surprising, when you think how many fortunes have been spent on corks.—*Chicago Post.*

Child Welfare

By Olive Matthews, R.N., Public Health Nurse

Child welfare is not a new movement, it dates back as far as the eighteenth century, but it is only during the last few years that it has become so prominent, the war is mainly the cause of this publicity.

It has been the means of waking up the public to the fact that child life had to be conserved, after the terrible sacrifice of life during the last four years.

In England alone, according to statistics, if they had taken proper care of their babies since their last war they would have had 1,500,000 more fit men to put into the field and as many more, if the military unfit men had had their defects attended to when young.

A delicate and forlorn child does not necessarily mean a useless manhood or womanhood, for even, were bodily perfection improbable, who shall say that the only gifts to the world are made by those who have physical ability? Taken for granted that every child has a right to be well born, and after birth properly cared for, how can public health nurses bring this about? The only real hope for the children lies in the education of fathers and mothers, and strengthening not the weakening of their natural feelings of parental responsibility.

Municipal hospitals will be a great asset in this work, for the public health nurse when having her headquarters in the hospital will have many opportunities of instructing young mothers how to take care of their babies in the future. It is appalling the amount of ignorance there is regarding these matters, even among the educated people. This is one of the big problems a child welfare nurse has to face, and only time and constant teaching will overcome this difficulty.

Malnutrition caused by improper feeding is the greatest defect among the children. So many parents think that when a child has arrived at the age for a mixed diet, they can give the child anything to eat, and say, with great pride, "Oh, he has a taste of everything we have." A child four months old sitting in a high chair eating pork and beans fed by the mother! Pickles is another favorite diet for children. They are all right as a relish, but not as a building food for the body requirements.

Tea and coffee are two very frequent beverages drunk at all ages.

What happens, the child soon refuses to take milk and the necessary food to build up the tissues of the body to form strong, thick bones and healthy muscles, gradually loses weight and eventually suffers from malnutrition.

If the public health nurses can educate the public to realize the importance of the proper food for children, they will accomplish a great deal.

Feeding must be a matter of principal, not impulse. The reward will be in the present and much in the future.

In Canada, where population is so needed, there are annually 35,000 deaths up to the age of five years, most of them from preventable causes. About one out of eight Canadian-born babies dies during the first year. There is no loss so lamentable as the wastage of these human resources. We must save lives, develop the whole personality of the child, protect the health and thus ensure a healthy, intelligent and moral generation of young Canadians equipped for the tremendous nation-building tasks that await them.

I have a Child Welfare Station in Claresholm painted in white. In this station I intend to examine the pre-school children and hold baby clinics.

It will take time to educate the parents that this Child Welfare movement is a preventative campaign, not a curative. We want to keep the well children well; so many parents think it is not necessary to have their children examined by a doctor or nurse periodically; as long as they eat and sleep well they must be all right. They do not realize the importance and gain for a normal healthy child.

So many do not know the difference between a Child Welfare nurse and a district nurse. They think she ought to do bedside care whenever it is required, which, as you know, with school inspection is quite impossble.

Doctors are realizing the value of this great movement, and in districts where the nurse is known by everybody she is much appreciated.

I have a car for my school inspection, given voluntarily by Argyle and Clear Lake districts. It is the only way of covering 925 miles twice a year and paying home visits.

—Read at the Alberta Graduate Nurses' Convention,
Edmonton, October, 1919.

Canadian Nurses' Gifts

All but ten of the Canadian nurses have gone home, the remaining few being detailed for duty in connection with the transportation of soldiers' dependents. Before leaving they spoke most warmly through their matron-in-chief, Miss Margaret Macdonald, of the many kindnesses and courtesies they had received, and they left a number of generous gifts, including £5 to the Q.A.I.M.N.S. and T.F.N.S. War Memorial Fund; a silver photograph frame with gold maple leaf to Dame Maud McCarthy, and presentations to Lady Astor and others. Wreaths were placed by the Sisters on the graves of Canadian nurses in England and France.

Next t' a salaried man, ther hain't nothin' as patient as a Colorado burro.—Abe Martin.

The difference between a bacillus and a coccus might sometimes be a certain amount of uncorrected astigmatism.

Report of Tri-Annual Convention of the Y.W.C.A.

The tri-annual convention of the Y.W.C.A. was held at Hamilton, Ontario, from November 15th to 18th, inclusive, presided over by Lady Falconer. The entire series of meetings was marked with enthusiasm, both in the reports of work done and suggestions for future work.

As a nursing body, it seemed to your delegate that the greatest, and, in fact, the only, assistance that we could offer as an association would be in the different districts where girls' clubs, or factory classes on home nursing, first aid, hygiene, etc., were planned that our members in the district could give a course of helpful health talks, introducing any educative suggestions according to the particular type of girls. It was particularly noticeable, from the reports of the different secretaries, how varied was the class of young women in which they were interested, from the factory girl to the educated commercial woman, who co-operated willingly with the work of the particular "Y" in which she probably boarded.

Most interesting addresses were given by Miss Beattie on the world-wide programme dealing with the responsibility in countries where there is great need for work among young women, and either not touched at all, or but slightly touched at present, for want of help and money by the association.

Miss McDonald also gave an account of her work in Japan, which has now taken the form of visiting in prisons almost entirely.

The report of the secretary of factories, Miss Nairn, was particularly interesting, as it showed both the difficulties and results of the work among the girls in the larger manufacturing centres. Miss Wing, of Cleveland, gave a splendid address on "Industrial Work"; and Mrs. Plumptre's address on "Immigration," and the importance of careful handling of this enormous work if it is to be successfully carried out, was most instructive.

During the whole series of meetings one was struck with the amount of co-operation that the association gets from its girl members; but your delegate would suggest that our association could offer, and should give, to the Y.W.C.A. very definite help by announcing to it where, in the different districts of the Dominion, their secretaries might get assistance from the members of the C.N.A.T.N. for instruction of the members of the Y.W.C.A. Another suggestion which might call forth from their more educated members and student bodies would be to train desirable members as nurses for foreign service. They evidently hope to get help from their own ranks, and, if our educational qualifications were made known to the association, it might be the means of getting some members to train for this work that they are so anxious to further. If a definite offer could be sent by the C.N.A.T.N. to the Y.W.C.A., embracing any or all of these suggestions, it would be of material assistance.

One would think that the easiest way for the secretaries to get at our members would be to apply to the superintendent of the nearest hospital; but where, for any reason, the necessary co-operation is not forthcoming, they could refer to our secretary for the name of any active and interested member in their locality. The names and addresses of our president and secretary should certainly at all times be sent to them.

Respectfully submitted,

GRACE N. FAIRLEY.

The Alberta Graduate Nurses' Convention

The second annual convention of the Alberta Association of Graduate Nurses was held in the University Building, Edmonton, on October 21st and 22nd, 1919. The meetings throughout were well attended. Edmonton, as the home city, provided the greater number of those in attendance; but outside points were well represented. Among those present from other parts of the province might be noted Misses Edy, Rutherford and McDonald, of the Calgary General Hospital; Sister Duckett, of the Holy Cross Hospital, Calgary; Miss Winslow, of Medicine Hat; Miss McClarty, of Lethbridge; Miss Hunter, of Taber; Miss Boyd, of Vermilion; Miss Kingston, of Red Deer, and representatives from Lamont and Vegreville.

Miss Winslow, in her opening address on Monday afternoon, spoke of the many difficulties which have been courageously faced during the war: changes of officials and depletion of the ranks owing to the absence of so many on overseas service; the engrossing nature of war work, which seemed to shut out all thought of other work; and the influneza epidemic of 1918, during which the shortage of nurses in the province was acutely felt. A warm tribute was paid to the many volunteer workers. Fortunately, the difficulties had been successfully met, and, with the return of the overseas nurses, she felt that an impetus would be given to the work of the association.

At the conclusion of her address a vote of thanks was tendered to Mrs. R. W. R. Armstrong for the valuable assistance she had given to nursing activities in the past, and expressing great regret at receiving her resignation through ill-health. A warm welcome was extended to Miss McPhedran on her return from overseas service and her resumption of the duties of registrar and secretary of the association.

At the conclusion of the president's address, the report of the deleates who had attended the National Convention in Vancouver was given. This convention has been fully dealt with in *The Canadian Nurse*, and a resume of their reports would be out of order here.

The remainder of the afternoon session was taken up with a Round Table on the "Public Health Work" of the Province of Alberta, conducted by Miss Christine Smith, superintendent of nurses in the Public Health Department. Three very interesting papers were given—one by Miss Matthews, of Claresholm, on "Child Welfare Work," as conducted in her station; one by Miss Elsey, of Stettler, on "School Inspection in Rural Districts"; and the third by Miss Crosbie, of Calgary, on "The Foreign Problem," with special reference to tuberculosis. These were followed by a short talk from Dr. Laidlaw, lately returned from the National Convention of Health in Ottawa, who gave some interesting data as to the plans formulated there for carrying out public health work, the concensus of opinion at this convention being that each province should work out plans for its own needs. Dr. Jamieson, of the University of Alberta, spoke of the course in public health nursing which is being given by the University of Alberta, and emphasized the fact that, as time went on, this course would be extended.

The evening session was held in the club-room of the Y.W.C.A., when about seventy members of the association were present. An address of welcome was read by Miss MacMillan, superintendent of the Royal Alexandra Hospital, Edmonton, and was replied to by Miss McPhedran, of Calgary.

A very interesting talk on "Diet in Diabetes" was given by Miss Bowman, of the Technical School, Edmonton. Not only did Miss Bowman outline the newest theories on the diet for this particular malady, but she gave a list of references to which one might turn for more complete information on the subject, the chief of such being: "The Treatment of Diabetes Mellitus," by Dr. Elliott P. Joslin; "Practical Dietetics," by Alida F. Pattee; the reports of the Connecticut Agricultural Experimental Farm, New Haven, Connecticut; "The Chemistry of Food and Nutrition," by Sherman.

Miss Bowman's talk was followed by a paper from Miss Campbell, of the Public School nursing staff, in which she gave the history of that department since its inception in 1910, and outlined the procedure which was followed in the Edmonton schools.

Following this was a paper on the "Eight-Hour Day for Pupil Nurses," which is a very live question of the day. This was dealt with by Miss Edy, of the Calgary General Hospital, in a paper entitled "Eight-Hour System in Training Schools." In her paper Miss Edy described very completely the system which has recently been inaugurated in the Calgary General Hospital.

The morning session of Tuesday opened in the Senate Chamber of the University, and, after the transaction of the necessary business, a paper by Miss Hatch, on "Private Nursing," was given. This was followed by practical demonstrations in operating-room work by the pupils of the Royal Alexandra Hospital.

At the close of this demonstration the visiting members were entertained at luncheon at the university by the Edmonton Association of the

Graduate Nurses, and a delightful social hour was spent.

The opening paper of the afternoon session of Tuesday was on "The Care of the New-Born Babe," by Miss Levick, of the Maternity Department, Calgary General Hospital. Miss Winslow, from Medicine Hat, gave an interesting paper on "Training School Requirements," which contained many valuable suggestions and proved of great interest to the audience. An informal discussion on the affiliation of the small hospital with the large hospital, in order to give a more complete training as well as to ensure a standardized curriculum, was led by Miss Helen Randal, editor of *The Canadian Nurse*. The value of training in large and small hospitals was also compared, and affiliation was strongly advised.

With a splendid paper on "Overseas Nursing," Miss Scott, matron of the S. C. R. Hospital, Edmonton, brought the afternoon session to a close. She sketched, in a most interesting manner, her experiences on her trip overseas, while serving in Rouen; later in a hospital ship in the Mediterranean, in Salonica, and afterward in England.

At the close of this session Dr. Tory, of the University of Alberta, met the council of the association in conference to make arrangement for examinations and for the transferring of the control of registration to the university. Consideration was given to the needs of the training school and to the establishment of a uniform curriculum, and it was arranged to hold the first registration examinations for the Province of Alberta in Edmonton and in Calgary in the second week in December, 1919.

The principal speaker at the evening session was Miss Helen Randal, editor of *The Canadian Nurse*, who gave a most interesting paper on "The Trained Attendant." This drew forth a great deal of discussion from the delegates, but nothing definite as to what shall be done with the trained attendant was arrived at. Much food for thought, as to whether or not she shall be officially recognized, was given; but all the delegates were of the opinion that the matter was much too important to arrive at a hasty decision. It was felt, however, that something should be done to protect the registered nurses in the eyes of the public. Much harm had been done, especially during the recent epidemic of influenza, when, notwithstanding the splendid volunteer work, many instances occurred where women donned nurses' uniforms, called themselves graduate nurses, claimed all the rights and privileges of such, and frequently collected heavy fees. The odium attached to this in the minds of the public falls on the graduate nurses; and it was felt by the members of the association that, if it were possible to restrict the use of the word "nurse" to the fully-trained graduate duly registered in the province, it would place the registered nurse in her proper position before the public, and protect the public from the misrepresentations of these so-called graduates.

The evening session closed with an illustrated address given by Dr. Fyshe on his work in Siam, where he spent several years. This proved of great interest and was much enjoyed.

A Significant New Federation of University Women

Canadian women have not yet ceased federating, and recently there has occurred a federation of the university trained women of the Dominion, which is bound to have important and far-reaching results.

The Federation of University Women in Canada was organized in Winnipeg, on August 27th, with the University Clubs of Toronto, Victoria, Edmonton and Winnipeg as charter members, and with those of Ottawa, Regina and the McGill Alumnæ Association as provisional members, subject to the confirmation of these organizations.

Delegates representing these seven organizations met as the guests of the University Women's Club of Winnipeg, and the president, Mrs. G. L. Lennox, in opening the conference, explained the difficulties caused by the disturbance of mails during the strike of May and June. Many clubs had, in consequence, received their notices too late to arrange for delegates. However, the fact that several other clubs found it convenient to send members at this time, and the feeling that the moment was ripe for the formation of a federation, had induced the Toronto and Winnipeg clubs, which had issued the joint invitation for the gathering, to proceed with their plans in spite of the many disappointing circumstances.

The entire first session was devoted to the discussion of the provisional constitution, which had already been submitted to the clubs. As finally agreed upon, the constitution provides for membership by organizations only, for a graded representation and a proportionate fee, for triennial meetings of the federation with annual meeting of the executive committee. Only clubs having members in actual attendance at the meeting will have a vote, except in the election of officers, where a vote by mail is permitted.

The objects of the federation are declared to be:

1. To promote higher education of women, and especially to encourage research work.

2. To stimulate the interest of university women in public affairs, and to afford opportunity for the expression of united opinion.

3. To facilitate social intercourse and co-operation between the women of different universities.

The names of the committee appointed will indicate the lines of work which the federation will undertake. They are educational, vocational, travelling scholarship, publication and recognition of universities. The work of these committees for this year will be in the nature of surveys, it having been decided to consider the meeting this year as one for organization only, the first triennial to be held next year.

The federation will, however, immediately take up the problem of library systems in Canada, a special committee for this purpose having been appointed under the convenership of Miss J. F. Montgomery, of the University of Alberta. The committee is instructed to inquire into

present conditions and to formulate plans for the application of the best ideas in the existing systems.

Another definite piece of work to be undertaken at once is the establishment of a travelling scholarship of the value of $1,000. This is to be tenable in a British university and to be given upon the basis of scholarship only. The officers hope that it will be possible to award the first scholarship next summer.

Some of the university clubs having met with great success in presenting famous lecturers to their communities, the federation plans to arrange national tours for lecturers whom communities outside the large Eastern centres might not otherwise have the opportunity to hear.

The following were elected the first officers of the federation. President, Mrs. R. F. McWilliams, Winnipeg; first vice-president, Miss May H. Skinner, Toronto; second vice-president, Mrs. Douglas Thom, Regina; corresponding secretary, Mrs. G. L. Lennox, Winnipeg; recording secretary, Miss Lexa Denne, Victoria; treasurer, Mrs. T. B. Fairley, Toronto; chairman Educational Committee, Miss Geneva Misener, Edmonton; chairman Vocational Committee, Dr. Helen MacMurchy, Toronto; chairman Scholarship Committee, Miss Marty, Ottawa; chairman Recognition of Universities Committee, Professor Carrie M. Derick, Montreal; chairman Publication Committee, Miss Kennethe Haig, Winnipeg.—*Woman's Century.*

OPEN THE WINDOWS

While the people of Canada are waking up to the need and utility of public health activities, there is a large section of the people to whom such phrases as "public health," "welfare station," "community spirit" and "national consciousness" are meaningless terms. It has been said that, while the 19th century had an intensely individualistic spirit, the 20th century is the century of national consciousness. This national consciousness is the soul-awakening of a people; it is the "antibody" of egotism.

Man the individual becomes conscious of other men—their ideals, their creeds, their physical and moral needs. He soars from the narrow confines and learns to glory in being a part of a splendid whole—to find joy in the service of his race, his country, his city, his community. By indulging in this altruistic spirit, and cultivating this national consciousness, the smallest and most humble personality must grow in grace and dignity.

Public health work is one of the highest expressions of public consciousness. It is concerned with the physical betterment of the race; it looks into the future. Those who see in public health only another sign of bureaucracy need to study the matter carefully and ask themselves if they are not lacking in the public spirit, which is the breath of life to a community which may be languishing in the stale atmosphere of conservatism, egotism, tradition. Open the windows.

M. HASTINGS.

A Letter From India

Srinagar, Kashmir, India,
August 19th, 1919.

My Dear Miss Johns:

I came up to my room feeling an intense longing for the dear, grand old West. The feeling was intensified by a note from Major Neve, saying malarial parasites were found in my blood-test, and, after nineteen months of attacks every two weeks, it is little wonder that I long for sunny Alberta again. As I entered my room I saw *The Canadian Nurse*, which had just arrived, and certainly looked good to a homesick soul. It is the June number. The first article I opened at was your address given before the annual convention of the Alberta Association of Graduate Nurses. I wish I could compliment you in person; but I am sure you will accept my congratulations on paper, when so many miles of land and sea divide us.

Before I go any further I must introduce myself. I am a graduate of the Royal Alexandra Hospital, Edmonton (class 1915), and a post-graduate (midwifery) of the Rotunda Hospital, Dublin, Ireland (1917). I am now superintendent of Maple Leaf Hospital, Kangra, Punjab, India, under the Missionary Society of the Church of England in Canada. I am spending my vacation in Kashmir, returning to my station next week.

Isn't it thrilling to note the advancements in the nursing world in the past few years? And how much we appreciate the untiring efforts and fruitful results of the pioneers of woman's movement in blazing the trail, and whose watch-fires far up the mountain are ever burning to "wig-wag courage to the fellow in the foothills."

In considering higher standards of education, the problem of finance for women with limited means confronts us. There are numbers of very fine women who would make valuable assets to the nursing profession, who, owing to lack of funds, are unable to procure higher education before entering the hospital training schools, and, again, cannot afford to give four, five or six years to training, with the small monthly allowances given by training schools as their only means of support.

I have many times wondered if a scheme of a scholarship fund could be worked up amongst our graduate nurse associations, each nurse paying a small sum; and this fund could be utilized to assist such women as I have mentioned in the foregoing paragraph, and who, on completion of training course, could refund part, or whole, of the money given them. It is women—real women—we want in our profession, and it is up to the rest of us to give a helping hand to our less fortunate sisters. I have not had any college education myself, and I sorely regret it. I am keen to see my profession rise, and delighted with the advances and progress; and, although I realize that "nursing is different" and we are "considered an outcast Cinderella in educational circles," and "have withdrawn our-

selves from the common herd, and have been inclined to feel that no one must lay sacrilegious hands on our methods," I want nursing back in "the common herd" and the leaders of it. As you say, we need their inspiration and help.

Another wish I have, regarding training schools and hospitals, is that they might keep in touch with their graduates, and have year-books, giving reports yearly of work of hospitals, etc. Of course, a great deal is done through alumnæ associations, but even then we do not keep close enough to our training school.

Don't you think I have spouted sufficiently on my views? And may I tell you a little of my work, I wish I could ask you to come over to spend a day, a week, a month or year. I really mean I wish you could and would accept. If you came only for a day, or week, I would feel very nervous about showing you my hospital, as I am afraid your ideas of hospital management would severely condemn, and you would go through the pangs of horror that I first experienced when I came to India. It is all different from our methods.

The patient usually has one or more members of the family, and sometimes the whole family, with her. And these various members may do the ceremonious bath daily, or whenever the religious rites call for it; but clothes are not always immaculate, nor are said clothes only inhabited by humanity.

The caste system is rather a nuisance, too. Each caste has its own kitchen and pots and pans. Very often they bring their own pots and pans; but in cases that have come a great distance, and the supply is limited, with part of the family at home, we have pots they borrow from us.

We are 54 miles from the railroad and in the foothills of the Himalayas, in a very beautiful district, but sadly backward, poor and ignorant. We have to be very tactful to win the confidence of the people. A success travels like wild-fire, and a failure thrice faster. At home we say "telegraph, telephone, tell a woman" are our three means of spreading news. In Kangra we have not the two former to combat; but we certainly have the latter, and one man can equal the two former.

The Hon. Florence Macnaghten, Mrs. Haslam and Miss Abdulla have greatly won the admiration and confidence of the people in their short time, and it is amazing the amount of work they have done. When they first started work, ten years ago, I do not think patients took anything except medicine from their hands. Now, in cases where extra nourishment is absolutely necessary, we give food, and it is accepted without a murmur.

The hospital is small, only sixteen beds. We have a large dispensary attendance daily, and pay a good many visits. In maternity work we scarcely ever get a normal case. Craniotomies are in the majority.

A week following my arrival in India, I went out with Miss Macnaghten to answer a call nine miles distant. We reached the house about

5 p.m. Found a child-wife nine days in labor. Sordes on lips and pulse very bad. We both thought her dying; but, knowing that to the Hindu it is a dreadful calamity for a woman to die undelivered (hers is the worst of ghosts, and haunts the house ever after), we decided to try to do what we could. The dais had bruised her dreadfully and had fled. The foetus was badly decayed and odor foul. I hated the idea of craniotomy, so asked Miss M. if I might try forceps. Deformity rendered forceps impossible. Miss M—— made the perforation and put on craniotomy forceps. The bones would give way and the forceps would slip. In this way most of the skull came away (the dais had mutilated and torn away scalp), so we had to resort to blunt hook in arm-pit.

When we first observed abdomen we thought uterus was ruptured and foetal head was causing a large, hard tumor above pubic bones. Catheter was passed without result. In my efforts at massage I expressed coagulated and decayed urine, and tumor was no more.

Miss M—— gave ergot, intra uterine douche and stimulants. We left the house, thinking she would not last many minutes, and did not again visit her or get any word. About six months later we heard from a patient from the same village that she was hale and hearty. Can you believe it? Seems impossible!

In October last year I returned from five months of Language School in Landour, Mussoorie, U. P., when "flu" was raging. As I had spent so much time ill with malaria, bronchitis and a touch of the sun, and my exam. near at hand, I was confined to precincts of our bungalow like a prisoner. But one morning three calls came in together from different directions. Miss MacNaghten and Miss Abdulla answered the first two, and the third seemed easy and only a mile away. I asked if Miss Edgar, a new arrival and a graduate of Toronto General Hospital, would accompany me to see an Indian home. The history gave threatened abortion, caused by riding in an ekka the previous day. So, with bag and bottle, off we set with the dandy—a long boxed chair affair carried by four men. They began by upsetting me out on my head as they tried to lift me up. At 12.30, noon, we started, thinking we would be back for tiffin at 1.30. The first mile was covered speedily. With signs and few words I knew, I inquired the whereabouts of the house. A hill about another mile distant was pointed out. Thus we crossed rivers, and from hill to hill, until we left about 10 miles behind us. A boiling hot day, without water and food. We whites cannot drink water unless it is boiled. I proved too heavy for the dandy-men, so it was up to me to walk on in my tennis shoes over the hot stones. A good many places we both had to walk.

We found a young child-mother in a dark, hot, stuffy room—a veritable oven—with "flu," a temperature of 105° F. pulse running. Twenty men had gathered, and many more women and children. Out of them all, only one man understood Urdu. A small torch, not half as good as a small candle, was produced for me to work in this sickening atmos-

phere. I wanted the patient brought to an outer room, where I had light of day. The word for Saviour in Urdu and the word for bed in are almost alike, and the words for soap and tongue; so, being Irish, I was bound to use the wrong ones, and asked for a Saviour to put the patient on and a tongue to wash my hands with.

At 8 p.m. we returned home, tired, thirsty and hungry. We were the first white women to enter that village.

In April I succeeded Miss Macnaghten, who is at present on furlough in Ireland. In May, Miss Abdulla took ill and was sent away to the hills, so I had to act as doctor, nurse, chief cook and bottle-washer until I came up here in the middle of July.

MY CREED

"I would be true, for there are those who trust me;
I would be pure, for there are those who care;
I would be strong, for there is much to suffer;
I would be brave, for there is much to dare.

"I would be friend to all—the foe, the friendless;
I would be giving and forget the gift;
I would be humble, for I know my weakness;
I would look up, and laugh, and love, and lift."

—Howard Arnold Walter.

FLORENCE H. MARTYN.

THE INTERPRETERS

"Days dawn on us that make amends for many
Sometimes
When heaven and earth seemed sweeter even than any
Man's rhymes.
Light had not all been quenched in or quelled
In Greece,
Had Homer sung not, or had Hugo held
His peace
Had Sappho's self not left her word thus long
For token
The sea round Lesbos yet in waves of song
Had spoken."

—SWINBURNE.

Conservation of our resources was never so necessary as to-day. During the war we have necessarily been wasteful, as all considerations of expense were subordinated to one supreme object. But this waste not only cannot continue, it must be made good so far as possible.

Learning To Do Without Eyes

Eyes are not indispensable. Their place may be taken by other senses to a workable degree . . . . We quote from an account of Sir Arthur (Pearson)'s talk taken from the New York Herald by The Universal Engineer (New York). He says:

"First of all, I want all of you to know that I cannot see at all myself, and I am near enough to you fellows to realize all that it means. I lost my own sight just before the war, so I can get close to you and tell you boys something.

"I have had charge of the training of all our soldiers who have lost their sight in the war . . . . We keep the idea of normality before us. That horrible, soul-disturbing word 'affliction'—we get rid of that. If any one says you are afflicted just smile and say 'handicapped is the word I prefer.' You do not want this idea of 'patient resignation' that people talk about. You want a fighting, kicking spirit. You just want to set about your lives over again, and you will be amazed to find how quickly things will come to you. This is one of the most comforting thoughts about the situation.

"I find myself doing things easily, automatically, that I would not have attempted two years ago. You will find the same. I know my way about St. Dunstan's just as well as anybody else. Familiar places are all right. But it is very amazing how persons who have lost their sight get about also in unfamiliar places. A friend came home to dine with me; he had never been there before. When he started home I said:

" 'You will want me to call a taxi; you won't want to walk.'

" 'No, I don't want one.'

" 'Well, how the devil are you going to walk home, then?'

" 'I took the precaution to familiarize myself with the geography as we came along,' he said. 'It is seven blocks straight ahead, two to the right, and so on. And he stept off as briskly as could be. No stick, of course. None of us use sticks. I do not believe in them at all. The only time I use a stick is when I am going on cross-country walks, where there are ditches, or something of that sort. Otherwise, you just know by all sorts of subtle indications where things are. You know that you are close to a solid obstacle. You do not know how, but you learn to feel the existence of a solid obstacle as if you actually saw it. That all comes.

"Then, too, your sense of direction just develops, and you get nice and artful about little tricks. A ticking clock is a very useful help in maintaining your sense of locality in a room. Your hearing gets accustomed to the direction from which a sound comes.

"You will find yourself becoming very knowing about the different kinds of surfaces on which you walk—the difference between a marble pavement and a stone one. You always know that you are coming to

a cross-road because you can tell by the echo that the side street is coming. There are any amount of little dodges and little tricks like that which help you on every hand.

"I do not think tumbling downstairs is always necessary, tho' I have done that, too. But that half-opened door is very hard to feel. It is so thin that that sense of an obstacle does not feel it. I always try hard to remember which way a door opens. Just go to it with your arm bent across the lower part of your chest. The arm will hit the door first. And here is a good thing to remember; you cannot hit a wall with your face. Unless you are stooping right over, your toes are obliged to hit the wall before your face does, so don't be afraid of that.

"In traffic I don't believe in taking another person's arm. If you do, they stiffen right up and march along, and give the whole show away. Just put your hand in your pocket and let them put their arm through yours. All you want is a touch to tell you when people are coming. When there is nobody in particular about I do not need this. Somebody said the other day: 'Sir Arthur Pearson cannot be blind; I saw him walking down Fifth Avenue, and he cannot be blind.' But I was walking with my boy who has just come back from the front, where you have been, and I just let my arm touch his now and then. You will find yourself able to walk along perfectly naturally in places like Fifth Avenue, just keeping in contact with any person.

"Would you like to hear about the way some of our fellows have got on? A fellow named Jackson was a barber before he lost his sight. He learned to become a basket-weaver. I told him I did not see why he should not shave people. He thought he could do it if he could get started. He is now using an old-fashioned, naked razor, shaving more people than he ever shaved in his life. A letter I had from him the other day says, 'I have not drawn a drop of blood yet!' That is satisfactory, is it not? We have forty-five typewriters at work. One of them went into an office that would correspond with Altman's in this city, for instance.

"'How is Wells getting on?' I asked his employer.

"'I have never had my letters done so well as Wells is doing them,' was the reply. He is writing shorthand by the braille system, and that is not easy.

"I have about 1,500 men with me, and I know them all personally. Half of these fellows are still at St. Dunstan's and half have left there. Most of those who have left are now earning more money than they did before. They do all kinds of things—massage, stenography, telephone-operating, poultry-farming, carpentry.

"All our fellows learn typewriting, not so much for business as for ordinary intercourse. The touch system now universally taught in typewriting was really developed because when the blind typist came along employers discovered that they were better than the others. All our boys

have typewriters given to them on leaving. Some go into it for business. They can do their one hundred word a minute. Some are in their old offices earning more money than they did before.

"You have just got to cut that word 'impossible' out altogether. When a thing looks as if it could not be done, just turn to and do it. I had a letter from one of my Poultry-farmers the other day: 'I heard that a neighbor's incubator had gone wrong; he said it could not be fixt. I said I would help him out, so I just went over there and put it right for him.' That is satisfactory, is it not? Somebody saw him walking about among his fellows. 'They can't tell me that fellow is blind, 'cause he ain't, he remarked. That was satisfactory, too, was it not?

"One point I would like to make—that is, visualize. I do not believe in sitting about in the dark. Form your pictures of things always. Have unfamiliar things described to you. Get that picture into your head—the color of the carpet, the furniture, the height of the mantlepiece. Just the same with people. Have them described to you and form your own picture. I have a clearer mental picture of some people I have never seen than of men I have known all my life. The picture may not be just what the person would actually look like, but it is just as good—it is your picture. The same way in finding your way about. 'Look' at things. 'Look' at your plate when you eat. It is enormously helpful. It is immensely important that you get a clear idea of things around you."—(*Literary Digest*). Reprinted from the *News Letter*.

Teaching Methods in Public Health Nursing

By Bessie A. Hassis

When an army covers quickly a large territory, it must immediately dig in, build up and organize if it is to occupy the land effectively. When a new building is erected, a skeleton structure is first put up, and then more solid material is carefully fitted together to make an enduring edifice. Within the last ten or fifteen years, the nursing profession has been called upon to quickly occupy an enormous new field in public health work. Our ability to hold this field, and to do effective, enduring work there, is going to depend on our willingness to do intensive work in qualifying thoroughly for its needs.

We have been called into an enormous educational campaign because we were possessed of certain knowledge, part of which the campaign aimed to make general knowledge. For the most part, our ability as teachers or imparters of this knowledge has been taken for granted. But the best educational work is not accomplished without technique; and if trained nurses are desirous of holding the field of health teaching, it will have to be by virtue of the fact that they can

show the conscious purpose, the scientific method, and the rest of results applied in other fields of teaching.

At a recent meeting of the foremost educators of the country, it is reported that a new and more social spirit seemed to be making itself felt in the field of teaching, and that the leaders expressed the conviction that in a democracy the purpose of education is the adjustment of each individual to his environment, of people and things, so that the welfare of society may be promoted. We are to teach children arithmetic so that they will make good bookkeepers, both for their own sakes and for the sake of the community that needs bookkeepers. We are to teach children basketball, so that they will be strong and active, and also able to take their places in team work. No better purpose could be formulated for health teaching. But public health nurses will double the social result of their teaching if they keep constantly in mind that it is possible to *use* each case of illness as an opportunity for instilling into the family the social as well as the individual consequences of good or bad care. When we teach a mother how to keep her kitchen clean, let us dwell not only on the benefit to her own family, but the benefit to the town, by having one less breeding place for flies. Much of our teaching of sanitation becomes little less than a command unless we do appeal to the mother's social sense, or her desire to be one of a group who are together avoiding certain dangers to health. In the school work, nurses have an especially fine opportunity to develop this social sense in children. If everyone in the class will keep from licking pencils, everyone in the class will be just so much safer. If every child will report the first symptoms of a cold, and submit to isolation, everyone in the class will be just so much protected against illness.

The methods of teaching are just as applicable to public health education as they are to cooking, manual training and arithmetic. The wise teacher studies the child and utilizes motives and interests already active in him. The wise school nurse will realize that, if she wants to teach boys about flies and get them really interested, she must link up the actual information she wants to get across with something the boys like to do. To set them making fly-traps utilizes the interest in construction which nearly all boys possess. There are motives which can be utilized with great success, but which will not leave the boy any better off as far as his conscience about flies. For this reason, offering money for prizes for large numbers of flies brought in is of doubtful value, as it is the money more than the flies that the boy becomes most interested in. Fear of consequences or of punishment, either with children or adults, is also a motive to be used as a last resort, being a negative motive with little power to make the pupil a better citizen. With mothers, a parental love can be called upon for a great many things, but may be overworked. Everyone wants some reward for a difficult task, and it is astonishing how far a little praise will go in gaining a mother's co-operation. The success of the modern health crusade is due to its utilization of the interests in teamwork, competition and reward.

James' laws of habit formation are (1) Launch the habit with as decided an initiative as possible, and (2) Never suffer an exception to occur until the habit is firmly established. These are good practice when teaching the multiplication table, getting a drunkard to swear off, and just as good if we are teaching the use of toothbrushes, the preparation of a formula, or the giving of a bath. It means careful preparation for the first lesson, and then repeated visits or lessons on consecutive days, until the new way of doing things is the easier, familiar way for the pupil. It may be expensive, but it is the only thorough way. We can never count on one visit being really an education to our patients.

People differ in their kinds of memory. Some recall the printed word better than the spoken word, and, in matters of accomplishments with the hands, the best recollection of all is the sense of muscular co-ordination. No domestic science teacher would think of teaching girls how to make a fluffy omelette without having the girls themselves make one; no manual training teacher would try to teach boys to make a neat joint without having them do it under his direction. And when we teach nursing procedures, making beds, giving baths, poulticing, disinfecting dishes, fixing the windows for proper ventilation, pasturizing milk, we have not utilized all the kinds of memory, or the most important ones, unless we demonstrate and then have the pupil demonstrate under our direction. Bedside care need not be the end and aim of a public health nurse; but the nurse or organization which does *none* is deliberately neglecting the best teaching method, as well as the motive of gratitude and imitation on the part of the patient.

The test of education is whether or not the pupil acts differently. It makes no difference if our patients know more after we have talked with them. We have failed as educators unless they are sufficiently convinced and sufficiently drilled to act on our teaching. Not our effort then, nor our money expenditure, nor our elaborate equipment, are the final test of whether or not we can qualify to hold the field of public health education. Our constant and conscious purpose, our untiring study and application of scientific teaching method, and our honest scrutiny of results, will be our only justification to hold this important position. If we cannot get the instruction we need in our hospital training schools, we must urge post-graduate courses, supplementing both the subject matter of public health work, and the best methods of getting it across to people. Let us hope eventually, however, for the day when training schools will be entirely independent of the necessity for getting a certain amount of hospital work done, and will be able to plan our nurses' course to include the exact quantity and content that she will need to fit her for her life work.—*The Pacific Coast Journal of Nursing.*

Hell hath no fury like a hypochondriac scorned.

Nursing On An Indian Reserve

By Ethel Turner

Day Star Indian Reserve,
Punnichy, Sask.

It has been our good fortune to nurse the sick and wounded under varied conditions, but nursing on an Indian Reserve is most interesting of them all. One is called upon, at a moment's notice, to diagnose the illness of a patient, and prescribe accordingly—the only medical officer residing fourteen miles away. But, before describing the nursing, let me just give you a glimpse of what home life is like for the nurse on the Reserve. My first trouble is that the "pump" won't work, so we have to melt snow for every domestic purpose. If the snow should go suddenly, the neighboring pond or "sleugh" is at our disposal; but as a horse came to an untimely end, recently, within its waters, I am of opinion that, like the hero of "Three Men In a Boat," we shall not forget the *horse*. Then there is the problem of keeping warm. The cooking range and heater have an insatiable appetite, and the ring of the axe is to be heard almost hourly. The story of the woman's stitch, stitch, in Hood's pathetic "Song of the Shirt," is a holiday in comparison with the cutting of the lumber to keep the house well heated. And the field mice find it much more cosy to come in and make themselves at home. The casualties among these friendly little "Beasties," as Robert Burns called them, has been very severe.

Then there has been the interior of the house to beautify. Men resided in it, previous to my coming, and their incompetence to preside over the domestic affairs of a household was everywhere manifest. "Batching," to my knowledge, has never been specially recommended as a course in household science and hygiene.

My first call was the evening following my arrival on the Reserve. A big, burly Indian knocked at the door. He spoke fairly good English; but handed me a note, which read as follows:

"Dear Lady:—Is it true you are a nurse? If you are, I want you to come to see me. I am sick three days now; much headache. Yours truly, William *K*."

The Indian who brought the note escorted me, in the intense dark and 20° below zero, a distance of a mile, to a hut, 16 ft. by 12 ft., built of logs, mud and straw. When I entered, there were three beds in this hut, and the patient was a youth of sixteen years. I found he had a temperature of 100.4., with headache, and a very dirty tongue—no other symptoms, so treated him with simple remedies, and promised to call next morning. There were ten other Indians in the hut, all anxious to know what I had done; but I explained, through the man who could speak English, that the patient would soon be better. When I went again there

was a decided improvement in William's condition. He had a normal temperature. The news of my attention to this patient spread very rapidly through the Reserve. Consequently, I have had eleven patients, all with minor ailments, in one week. The interesting feature of my work here is that I am credited with a knowledge of medicine, which also includes the denisens of the farm-yard. An Indian came one night, very distressed, as his horse was very sick. Could I do anything for it? I prescribed a simply remedy which, gratifying to relate restored the horse within 24 hours. I will give you a further paper in a later number of *The Review* if you are interested in nursing life on an Indian Reserve. December 5th, 1919.

CHILD WELFARE

Under the heading, "The Brotherhood of Humanity," Barbara McLeod has contributed a strong plea for more interest in child welfare to the *Western Woman's Weekly*.

The spirit of brotherhood is needed to-day perhaps more than at any time in the world's history. It would solve many problems which are engrossing the attention of thinking people.

Dealing with the problem of delinquent children, the writer, who is general secretary of the Social Service Corps of Child Welfare, speaks frankly and convincingly. Juvenile courts are dealing effectively with the child who has developed criminal tendencies. The sub-normal child is only ignorant and undeveloped. The ideal way of dealing with him is by correcting his bad habits, educating him, teaching him to restrain and control his impulses. His mind and his hand must be trained. He must be removed from evil surroundings and placed in a different atmosphere. Even though under restraint, he should be taught to earn his own living and not be a charge upon the State. A noted authority states that the average slum baby is a fine, healthy child. His surroundings degrade him. If, as is usually the case, the mother is a household drudge, she cannot bring up her children as she should. The mothers' pension scheme would remove that hindrance, to the advancement of the child born in poverty. Environment is usually to blame for the delinquent child's wrong-doing. Healthy home and school surroundings, with supervised playgrounds, are required for all children. The present-day educational system is at fault—it is too one-sided. The spiritual side of the child's nature is neglected. Children need more music, more hero-worship, more ethics in their training.

The spirit of brotherhood and humanity should inspire every citizen of this country to see to it that every child gets a fair chance; that it is properly cared for, educated and trained; that there may be no hindrance to its proper development, mentally, physically and spiritually.

Editorial

We are pleased to see that appreciation of the value that the graduate nurse of experience and ability may have in connection with organizations composed largely of laymen, but concerned principally with the care of the sick and public health matters, has been shown by the appointing of Miss E. MacP. Dickson, the vice-president of the C.N.A.T.N., to the executive of the Victorian Order of Nurses. At the meeting recently held in Toronto, where she was appointed, Sir William Gage referred to the great benefit she would be to the Order in their deliberations. We, as members of the C.N.A.T.N., knowing the real value of Miss Dickson in all nursing progress, feel that the choice of the V.O.N. was most happy. We trust that more nurses will be appointed to V.O.N. committees, and give the benefit of real experience to the needs of the people. Miss Dickson was then appointed to the committee in the V.O.N. for the public health scheme.

* * * *

All Canadian nurses welcome home again Miss Macdonald, matron-in-chief of the C.A.M.C. nurses. Miss Macdonald, who is a veteran of the South African war, holding decorations, has had the responsibility for the Canadian nurses since the war began, first in Canada, and shortly after hostilities began was appointed to her office in London, where she supervised the service. Nova Scotia nurses were the first to have the opportunity to welcome her, but the good wishes and congratulations on the wonderful work she has done go from all Canadian nurses.

* * * *

Through resolutions passed at the executive of the C.N.A.T.N., the provincial associations and other affiliated organizations are asked to co-operate with the Red Cross provincial branches to establish the Peace work arranged for by their amended charter. No doubt all these associations will be only too glad to do this; but one feels that the Canadian Red Cross has failed to grasp the opportunity of establishing a Canadian Red Cross Nursing Service on the plans of the scheme presented by the G.N.A. of B.C. to the C.N.A.T.N., and by that association given to the National Council of the Red Cross Association, with a strong recommendation for its adoption. Provincial work will do something to help, but this was an opportunity for a national nursing scheme, and the delay in taking it up will be much regretted by the nurses' associations, who saw in it something much needed in Canada, and the Red Cross seemed the logical body to further and finance it.

At the executive meeting of the C.N.A.T.N., the Victorian Order of Nurses offered to give up the page that had been theirs in the magazine to the public health section of the association. Thanks were given Mrs. Hannington for the present of the space, which will be added to that allotted to the section.

* * * *

The following communication has been received from Miss Jean Gunn, president of the C.N.A.T.N., with a request for its insertion:

The Executive Committee of the National Council of Women met in Hamilton November 12th and 13th, 1919. The most important action of the meeting was in relation to the proxy system of voting. This system has been discussed at the annual meeting in Regina, and the old system was retained. Following this, the Winnipeg Local Council of Women withdrew membership until such time as the system of voting was made more democratic. It was felt by all present that, unless some steps were taken to once more open the question for discussion and possible settlement, other local councils would follow the lead of Winnipeg Local Council.

After much discussion, the following resolution was passed:

"That the Executive Committee strongly recommends to the National Council that the proxy system of voting be done away with; and, further, this Executive recommends that if any society cannot send a representative from within its own organization or an officer or a convener cannot come, a written vote may be sent on any matter on the agenda."

It was also decided to send on to the affiliated societies the clauses of the proposed new constitution which were not accepted at the Regina meeting as a basis for discussion, the affiliated societies reporting their decision before the next Executive meeting.

The resolution of Winnipeg's withdrawal was not dealt with, as it was considered that this Council would reconsider its decision when the proxy system was changed.

The next annual meeting will be held in St. John, New Brunswick, at a date not yet decided.

JEAN I. GUNN,
President.

A RULE WITH NO EXCEPTION

The man who works the hardest may not draw the biggest pay,
The woman who is proudest may have little common sense;
The man who talks the loudest may not have the most to say,
But the prettiest girl may always eat at some old man's expense.

—S. E. K.

Letters to The Editor

Dear Editor:

The graduate nurses of this district have been much annoyed over the fact that undergraduates and nurse-maids are wearing the hospital uniform, also the regulation nurses' cap.

Are there any means by which this can be prevented? We thought that the matter might be discussed through the magazine.

Would you kindly let us know if you have any suggestions to make re this matter?

I remain, yours truly,

(Mrs.) Jessie E. Saint-Denis,
Secretary G. N. A. of E. T.,
14 Moore St., Sherbrooke, P.Q.

THE NURSE'S HEAVEN

(With Apologies to Kipling)

When earth's last microbe has fainted,
  When catgut lies twisted and dried;
When all carbol-fuchsin has faded,
  And the youngest patient has died,
We shall sleep, and, faith, we shall need it—
  Lie down for an aeon or two,
Till the Master of all good nurses
  Shall 'wake us, to work anew.

And we who were cross shall be happy,
  Have plenty of sunshine and air;
Use all the gauze that is needed,
  With no one to watch or care.
We shall have real saints to work on,
  Magdalene, Peter and Paul,
Who shall sleep through the night without hypos,
  And not have hysterics at all.

And only the Master shall praise us,
  And only the Master shall blame,
And no one shall work for money,
  And no one shall work for gain;
But each for the joy of the working,
  And each in her separate star,
Shall see the Divine in her patients
  And love them just as they are!

—Anna J. Classon.

The Canadian Nurses' Association and Register for Graduate Nurses, Montreal

President—Miss Phillips, 750 St. Urbain Street.

First Vice-President—Miss Amy Desbrisay, 638A Dorchester St., West.

Second Vice-President—Miss H. M. Dunlop, 209 Stanley Street.

Secretary-Treasurer—Miss S. Wilson, 638A Dorchester St., West.

Registrar—Mrs. Burch, 175 Mansfield Street.

The December meeting of the association was held on Tuesday evening, 2nd inst. After the transaction of usual business, Dr. Fred. Tees gave an interesting talk to the nurses on his experiences overseas.

We regret to announce this month the death of Miss K. Louisa Sutton. The funeral service was held at the chapel of Wray's Undertaking Department, and was largely attended by friends and nurses. Miss Sutton was a graduate of the Montreal Maternity Hospital, also of an English maternity hospital, and has been a faithful member of the association for twenty-five years.

Miss Phillips will be out of town for the holiday season.

Many nurses are leaving the city to spend the holiday season at their homes.

An emergency meeting of the association was held on Thursday afternoon, December 18th, for the purpose of meeting Dr. Service, who has been working in China for seventeen years, and is trying to interest the doctors and nurses of Canada in a combined medical and dental college which is proposed to be erected at Chengtu, Western China. After listening to an interesting lecture on medical work in West China, the small audience tendered a vote of thanks to Dr. Service, and promised to make arrangements early in the New Year with regard to taking up subscriptions for the work.

Cheering

"Did the doctor seem encouraged about your condition?"

"Yes," said Mr. Grabcoin; "I have an idea he thinks I'm going to be one of the most profitable patients he ever had."

—Birmingham *Age-Herald.*

News from The Medical World

By Elizabeth Robinson Scovil

Decline of Epidemic Disease

It is stated that some diseases that exhibited alarming epidemic proportions fifty years ago no longer occupy a prominent place in mortality statistics. Scarlet fever, which formerly showed marked fluctuations and a high rate, taking annually in some years 125 lives per thousand of population, has become steady in prevalence, and seldom claims more than one life in ten thousand in a year. Diphtheria has subsided to a steady low death rate of about 10; measles, whooping-cough and other contagious diseases have shown as distinct, if a less marked, reduction. Epidemic diseases are disappearing—not so much because of the fight that is made directly against them, as on account of indirect influences. Improved standards of living, sanitation, etc., sweep away the opportunities for the spread of infection.

The British Ministry of Health

The British Ministry of Health intends to avail itself of the advice of consultative councils in considering questions of practical importance. The councils are to consist of twenty members each; they may for special purposes appoint committees, so that they can have the co-operation of persons best fitted to advise on particular points. Thus, when questions are being considered that affect the nursing and midwifery services, the committee will include practising nurses and midwives, and others who have devoted themselves to the study of these branches.

Care of the Eyes

Continued use of the eyes for close work for a long time is very hurtful to child or adult. Care should be taken to rest the eyes frequently by closing them, by looking away from the near work for a few minutes, by moving them quietly from side to side, and by not persisting in work when the eyes are tired.

Cancer

In the report of the Metropolitan Life Insurance Company on cancer, covering a six-year period of investigation, it is stated that cancer death rates, relating in all to fifty million years of life exposed to risk, show no decisive upward or downward tendency for all age classes combined. Among white persons the death rate was almost one and two-thirds greater for females than for males. This does not begin to appear until

after the age of twenty-five years, and almost disappears after sixty-four. The most fatal age in white women is from thirty-five to forty-four.

Goitre and the Roentgen Ray

A physician states that of all the measures employed in the treatment of goitre, none have been so successful as the Roentgen ray, carefully applied so as not to cause a dermatitis. There are no fatalities, no sear as after an operation, it does not interfere with the patient's occupation, is painless, and causes very little inconvenience to the patient. If unsuccessful, an operation may be performed with less risk because of the favorable action of the rays on the thymus gland.

High Enemas

In a symposium at a medical meeting in the United States several physicians expressed their views on this subject. A Philadelphia doctor said: "We have made persistent efforts with men and women patients in various postures to run the tube into the sigmoid flexure. While this may be done under certain conditions, it is difficult, uncertain, and in most cases impossible." Another said they had tried several times at a post-mortem to pass a tube high, and found that only under exceptional circumstances will it pass the sigmoid flexure at the brim of the pelvis. Others said that nurses should be taught that fluid given low down is effective, and it is needless to try to do something that cannot be done. If the tube is stiff, it is possible to perforate the bowel in the effort. One of the physicians said that all who have anything to do with the teaching of nurses should impress upon them that not only is there no occasion to pass the tube more than two, or at the most three, inches, but also, if the tube is rigid, there is positive danger in doing so.

Iodine for Burns

It is stated that if a burn is covered with tincture of iodine, ten per cent., applied by means of a piece of absorbent cotton soaked in the fluid, it gives complete relief after four or five minutes. The treatment is painful at first, but there are no after ill effects. Only one application is needed.

Care of the Insane

In Manitoba, persons suspected of being mentally unsound are to be admitted to psychopathic wards of general hospitals to receive immediate expert treatment. If found necessary, they will be transferred to Selkirk or Brandon. Specially trained nurses and internes will be provided, and reports of each case will be sent to the superintendent of hospitals in Winnipeg.

Make the most of yourself, for that is all there is of you.

Emerson.

Public Health Nursing Department

To be thoroughly equipped to face any emergency of either peace or war, the State must take a more constant and intelligent interest in the health and fitness of the people.—David Lloyd George.

The decision of the annual meeting in Vancouver to form a public health section of the Canadian National Association of Trained Nurses was acted upon immediately by the executive, which appointed a committee of five representative nurses to organize the section. The committee is as follows: Miss Eunice H. Dyke, convener, Director of Public Health Nursing, Department of Public Health, Toronto, Ont.; Miss O. Z. De Laney, District Superintendent of Nurses, Victorian Order, Montreal, Que.; Miss Elizabeth Russell, Superintendent of Provincial Nurses, Department of Public Health, Manitoba; Miss Jean E. Browne, Director of School Hygiene, Department of Education, Saskatchewan; Miss Elizabeth G. Breeze, Superintendent of School Nurses, Vancouver, B. C.

The public health page of the magazine has been assigned to this committee, which has urged each provincial association to make one of its members responsible for privincial news items. The special representatives so far appointed by the provincial executive are: New Brunswick, Miss Sarah Broph, R.N.; Ontario, Miss E. J. Jamieson, Miss Beryl Knox, Miss Eunice H. Dyke; Manitoba, Miss Elizabeth Russell, R.N.; Alberta, Miss Christine Smith, R.N.; British Columbia, Miss Janet Campbell, R.N.

Address all communications to Chairman of Public Health Section of the Canadian National Association of Trained Nurses—Miss Eunice H. Dyke, City Hall, Toronto, Ontario.

QUESTION BOX

Questions will be forwarded by the chairman to nurses qualified to discuss the particular subjects.

Replies will be published in this department.

A nation-wide campaign is being launched as one of the first activities of the newly-created Federal Department of Health. The Dominion authorities have granted $200,000 to assist in combatting venereal disease, conditional upon the same amount being raised by the provinces. Each province will frame its own statutes and evolve its own plans; but unity from coast to coast in educational work will be given by a voluntary agency, the Canadian National Council for Combatting Venereal Diseases representing all the provinces. This organization will endeavor to enrol members in every community in Canada and impress on the public mind the gravity of the problem. The lecture platform, the moving picture, the newspaper and the magazine will be used. It is probable that definite surveys will be made by trained investigators in police courts, reformatories and jails to ascertain what can be done in a preventive way. The social aspects of the offence will be also the subject of a thorough inquiry.

Ontario

Early in May of this year the Department of Education instituted a medical inspection survey of the rural schools, also the village and town schools which have no system of medical inspection, the survey to cover the province of Ontario.

The aim of the survey is to learn conditions, with the hope that, when existing conditions are made known, school nurses may be appointed and a system of medical inspection adopted.

Three medical officers and three nurses were appointed to carry on this work, the survey to be done by counties.

When a school is visited by a medical officer and nurse, the parents and trustees are invited to come to a school at the close of the survey to hear a report as to the findings of physical defects and to discuss needed improvements in school buildings and surroundings.

The mothers are keenly interested and thoroughly in sympathy. In most of the rural sections "the school nurse" is a new order of being, not heard of before, and much educating remains to be done as to her need and value.

At each meeting following the survey, some of the duties of the school nurse are outlined. Everywhere we see much to be done, so many opportunities for real service; and we go on, longing for the day when Ontario shall have a provincial-wide medical inspection system.

The following is a report of conditions found in the first county completed under the Department of Education:

Number of schools visited	70
" " children inspected	2,539
" " " with defective vision	760
" " " " " hearing	113
" " " " " nasal breathing	339
" " " " abnormal tonsils	1,005
" " " " anaemic appearance	939
" " " " carious teeth	1,896
" " " " enlarged glands	1,610
" " " " skin disease	20
" " " " orthopaedic defect	19
" " " " pulmonary disease	3
" " " " cardiac disease	28
" " " " defective speech	25
" referred for mental examination	10

Sixteen of these school buildings were properly heated and three properly lighted.

The open water-pail and common drinking-cup are still much in evidence.

Teachers' rooms are unknown in the rural schools.

Outside toilets, 90 per cent. are unfit for the pupils to make use of.

London

London is making progress in its child welfare organization. The reports for the year ending September 1st, 1919, show that the number of families on the visiting list have increased from 143 to 219. The nurse, with an assistant for three months of the year, made 1,103 home visits. Clinics are held once a week in four centres, with a total of 129 clinics, during the year. Special clinics were held during the Fair and Baby Week.

ALBERTA

Alberta is fortunate in securing Miss Mary E. Conlin and Miss Genevieve de Turberville, graduates of Roosevelt Hospital, New York, as the first district nurses to work under the Provincial Department of Public Health. These nurses have returned to home service after four years in France with the American Red Cross.

REPORT OF DISTRICT

Dear Miss Smith:

We are safely arrived in Griffin Creek, thanks to the Dunvegan Railway and Providence—mainly the latter! Of the railway, I can only say that the "half had not been told us," and only the fact that we were good *sailors* carried us through without mishap. Everyone was very good to us, and we thoroughly enjoyed the experience.

The entrance to the dining car presented the appearance of a battlefield; and when we finally won our way through the envied portal we were met by a very gallant, retrousse-nosed steward, who shrugged his shoulders and deplored his inability to feed a multitude on five barley loaves and two fishes! An atmosphere of joviality pervaded the place, however, and we managed to make a meal. Thanks to your timely warning and Dr. Laidlaw's dark hints, however, we had brought along enough food with us to carry us through.

After many waits at crossings, and numerous little side excursions on the part of the engine for purposes unknown, we found ourselves being towed into Peace River at 8 p.m., ignominiously attached to a long line of freight and cattle cars. It was certainly a unique railway journey.

We were fortunate in finding a driver to take us out next morning to Griffin Creek, where we found Mrs. Little a very thoughtful hostess.

Unfortunately, the roads are full of drifts, and there is not much travel just now; but during the week I hope to go out to the Waterhole district, with the mail-carrier, and look over several suggested boarding places.

In the meantime our boxes have all arrived and been placed in the church for safe keeping, and we shall start making supplies to-morrow. The "odor of sanctity" should go far to make up for any deficiencies in sterilization!

Yours very sincerely,

GENEVIEVE DE TURBERVILLE.

A PRAYER

Now I get me up to work,
I pray the Lord, I may not shirk;
If I should die before the night,
I pray the Lord *my* work's done right.

—A. FITCH, *Pacific Coast Journal.*

The Diet Kitchen

By Elizabeth Robinson Scovil

Eggs

An egg in some form is one of the foods most often prescribed for the sick. The result of the findings in some recent experiments will be of interest to nurses.

Eggs give rise to less stimulation of the gastric secretion than meats, and leave the stomach more quickly, thus causing it less exertion in proportion to the benefit obtained.

Raw white of egg leaves the stomach more rapidly than any other form of egg preparation. We are all familiar with albumenized milk, prepared by shaking together a cup of milk and the white of an egg in a self-sealing jar. Water is sometimes used instead of milk. Hard-boiled eggs required on the average only a few minutes longer for digestion than soft-boiled. This will be a surprise to most of us, for it is the popular belief that eggs boiled hard are very indigestible. If an egg is liked hard-boiled, it should be put in a saucepan with enough boiling water to cover it. This is placed at the back of the stove, where it will keep hot but not boil. In forty-five minutes it will be hard. If soft-boiled is preferred, take it out in six or eight minutes.

If the egg is put in cold water, which is then brought to the boiling point gradually, the egg will be soft-boiled when that point is reached. Even if an egg is liked hard, it is important to cook it at a low temperature. The albumen coagulates at much less than boiling point, which is 212° F. The white will stiffen at from 135° to 160°. If cooked from the first in boiling water, the white is tough and leathery.

In the experiments mentioned, scrambled eggs required a little longer to leave the stomach than boiled eggs. Great care is needed in preparing them. Allow a tablespoonful of milk to each egg, a little salt and pepper; put a dessertspoonful of butter in a small frying pan, and, when it melts, pour in the mixture; stir and scrape it from the bottom of the pan, and, as soon as it is creamy, remove the pan from the fire and turn the contents on to a hot dish, which should be covered immediately. If the eggs are cooked a moment too long they are watery.

For a convalescent stomach, tomato can be added to the egg instead of milk; or the scrambled egg can be poured on a slice of buttered toast, sprinkled with grated cheese, and put in the oven just long enough to melt the cheese.

Another surprising fact in the experiments was that fried eggs were digested as easily as soft-boiled, or any other form of cooked egg. The belief that fried or moderately greasy foods cause more indigestion than food cooked in other ways was found to be unfounded. Eggs cooked with an excess of fat remained in the stomach for a little longer than when less fat was used. Nevertheless, there is a strong prejudice against the use of fried eggs in the diet of an invalid. When they are liked and asked for, a buttered egg may be substituted.

Melt a tablespoon of butter in a hot pan; break a fresh egg in a saucer, and, when the butter is melted, slip it into the pan and let it cook until the white is firm. Turn it once with a broad-bladed knife, and add a little more butter if it is necessary to prevent the egg from sticking.

Fried eggs should not be turned. More fat is used than for buttered eggs, and the fat poured over the eggs by spoonsful as they are cooking.

Poached eggs are cooked in a frying pan half-filled with boiling salted water. It is a little difficult to make them look well, as they have a tendency to spread. A buttered muffin ring will keep an egg in shape if it is to be had; if not, a small wire strainer, set in the water to contain the egg, will answer the purpose. The water must be deep enough to cover the egg. Break it in a saucer and slip it into the receptacle. Eggs will not poach properly unless they are perfectly fresh.

Eggs begin to deteriorate after they are twenty-four hours old. The water evaporates through the porous shell and the contents become more dense. One way to determine if an egg is perfectly fresh is to hold it in front of a candle flame in a dark closet. The middle of the egg should be clear. Another way is to hold the large end of the egg to the cheek; if the egg is fresh, the end will feel slightly warm. A third way is to place the egg in a basin of cold water; if it is fresh, it will sink. None of these methods will enable you to determine whether an egg is new-laid or not.

An individual omelette can be cooked in a very small frying pan. It is possible to make it with one egg. Beat the white and yolk separately, adding pepper and salt to the yolk and a tablespoonful of hot milk. Add the stiff white, cutting and folding it into the mixture. Heat the frying pan and butter the bottom and sides well. Turn in the mixture and place it where it will cook slowly. When well puffed, place it on the oven grating to finish cooking. You can judge if it is done when it is firm if pressed by the finger. If a little comes off like the beaten white of egg, cook it a little longer. To fold an omelette, hold the pan in the left hand, with a knife make a short cut at each edge in the middle, slip the knife under the side and double the omelette over on itself; serve immediately.

An Allied naval mission, under the command of Rear-Admiral Charlton, is being sent in the battleship Malaya to German ports. Its business is to see how far the Germans have carried out naval disarmament.

The World's Pulse

By Elizabeth Robinson Scovil

The Mothers' Memorial

A silver cross, hung from a purple ribbon, is to be given to any mother in Canada who lost a son in the war. Major-General Mewburn, Minister of Militia, is authority for the statement.

Ontario's Railways

The president of the C.P.R. has stated that the C.P.R. operates 3,400 miles of railway in the Province of Ontario. The total railway mileage of the province is slightly less than that of the State of Pennsylvania.

Wood Alcohol

A law has been passed in Sweden requiring that wood alcohol be colored so that it can be distinguished from grain alcohol instantly. This seems a wise provision, in view of the numerous cases of blindness and death resulting from drinking wood alcohol.

The Prince a Canadian

In one of his after-dinner speeches in New York, the Prince of Wales said: "I have become a rancher and a farmer in a small way by buying a ranch in Alberta. This makes me feel quite a Westerner; for the young, free, democratic spirit of the West appeals to me enormously. I had a wonderful time in Canada, and Canadians quite spoiled me by the kindness and hospitality which they showed me throughout my three months' tour across the Dominion and back.'" In another speech he said that he came to the United States not only as an Englishman, but as a Canadian, across a border for three thousand miles undefended by a fort.

Ancient Relics

In Windsor Great Park, on the site of the supposed palace of Edward the Confessor, who reigned from 1042 to 1066, immediately preceding William the Conqueror, a chapel has been discovered, with the base of the altar in place. It is stated to be undoubtedly of Saxon origin.

The Value of Small Gifts

A striking instance of the cumulative power of small gifts is afforded by the opening of the London Jewish Hospital at Stepney Green recently by Lord Rothschild. It was founded almost entirely by small amounts given by the Jewish poor in the East End of London, largely in the form of contributions of a penny a week, which began in 1907.

A Captured Standard

The German Imperial Standard captured at Jerusalem has been presented to the 5th Welsh Regiment for special services.

Possibilities of Newfoundland

Lord Morris said, not long ago, that there are sufficient fish on the Newfoundland banks and along the Newfoundland and Labrador shore to feed the whole of the British Empire. It is the second largest producer of iron in the British Empire, England being first. There is enough to supply the needs of the world for the next hundred years.

The Nobel Peace Prize

A Norwegian paper proposes that the Nobel Peace Prize of $40,000 shall be given to the former British Foreign Minister, Viscount Grey, who, the paper says, has done more for the world's peace than any other man now living, and more than anyone who has previously received it, ex-President Roosevelt included.

Farm Co-operation

The farmers of Great Britain, especially those of England, are forming co-operative associations with great profit to themselves. One Wiltshire association has a turnover of a million pounds sterling, principally in the sale of milk. Almost one-third of the farmers in England are uniting in these associations.

Belated News for Eskimos

The Eskimos living near Cumberland Bay, on the Arctic Coast, had had no visitors from the outside world since 1917. When the crew of a Norwegian steamer told them of the end of the war, and the Allied victory, they were greatly excited. They celebrated with singing and dancing, to the music of a melodeon. They were strongly pro-Ally, as they had been badly treated by a German crew that visited them before the war. They were skeptical about the submarines, being unable to understand how a vessel could sink another when itself under water.

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Hospitals and Nurses

NOVA SCOTIA

On the occasion of the annual meeting of the G. N. A. of N. S., the dinner tendered to returned sisters made a pleasant re-union for many members who had not met for a number of years, and was much appreciated by all. Demobilization has released many nurses from active service.

Miss Katherine Graham is visiting in Boston. Miss Mary Hayden is also in the States. Miss Frances M. Fraser will spend the winter in Montreal. Miss Georgina Pope, so well known for her "veteran" services and long association with military nursing sisters, spent a few days in Halifax on her way to P. E. I.

Miss Pope and Miss K. McLatchey (matron Camphill Hospital) were among the guests at the State ball given in honor of the Prince of Wales. His Royal Highness, it was observed, was quick to recognize Miss Pope's South African decoration.

The following nurses have recently been graduated from Victoria General Hospital, Halifax: Misses Hilda Chisholm, Guysboro; Alfreda Archard, Halifax; Mary McDonald, Sydney; Constance Wade, Bayfield; Isabel Morrison, Sydney; Anna Breeman, Dartmouth; Christina McLean, Elmsdale; Marguerite McCurdy, Halifax; and, from the Male Training School, Mr. George Smith, of Sydney.

The marriages of the following graduates have been recently announced: Miss Jessie McDonald ('15) to Major Freeman; Miss Sadie McLeod ('15) to Dr. A. Curry, Port Monier; and Miss Ethel Taylor ('17) to Dr. Faulkner, of Halifax. Misses J. McDonald and S. McLeod were overseas with McDal unit. Miss Ethel Taylor did excellent work with the V. G. Hospital Relief unit during the Massachusetts epidemic in 1918.

Miss Clara Lunt, who for some years has been assistant superintendent at the Victoria General, has resigned, and returned to New York to reside. Miss Lunt was very popular in the training school, and, before leaving, was presented by the nurses with a very pretty pearl and emerald pendant. Miss Flora L. Fraser, returned from overseas, has been appointed to succeed Miss Lunt.

* * * *

ONTARIO

Port Hope

The following young ladies formed the graduating class of the Port Hope Hospital of 1919: Misses Ball, St. Amand, Gayner, Willan and

Jones. The medals were presented by Mrs. Edgar, president of the Woman's Hospital Mission, who also gave each graduate a thermometer in a case from the association. The hospital history was referred to in one of the addresses given, when the growth, from less than twelve beds to a well-built and equipped hospital of thirty-five beds, was noted. Future expansion has been arranged for by the architect. Following the ceremonies of graduation, a reception was held by Miss Elliott, superintendent of nurses, and staff at the nurses' residence, which was well attended.

Belleville

A general meeting of the graduates of the Belleville General Hospital was called October 30th for the purpose of forming an Alumnae Association. The following officers were elected: Honorary president, Miss C. H. Greene, matron; president, Mrs. Chas. Graham, Frankford, Ont.; vice-president, Miss H. D. Stacey; secretary-treasurer, Miss E. G. Geen ('17), Everett Street, Belleville, Ont. Meetings are to be held at the hospital on the first Tuesday in each month. Annual fee, $2.00.

Toronto General Hospital

On Thursday evening, November 27th, the board of trustees of the Alumnae Association held a reception in the Nurses' Home in honor of their nursing sisters who had served overseas. The guests were received by Lady Flavelle (wife of the president of the board) and Miss Elizabeth Purdy, president of the Alumnae Association. A brief address of welcome from Sir Joseph Flavelle was followed by the presentation by Miss M. A. Snively of purple and gold enamel pins to each returned sister. These are the T. G. H. Training School colors, and were the gift of the Alumnae Association. In addition, each returned sister and each member of the A. A. was given a copy of an attractive booklet, "In Time of War," containing a summary of each sister's military service overseas and in Canada. This was the gift of the trustees of the hospital, and was compiled by Miss Gunn, superintendent of nurses. This was very much appreciated, and will be a much-prized souvenir in after years. Refreshments were then served, and the guests indulged in an informal dance, thus concluding a very happy re-union.

The Toronto General Hospital Alumnae Association has taken a great interest in helping to raise funds for the Medico-Dental University in Chengtu, West China. As all the nurses of Canada will be asked to contribute, perhaps the plan of the Toronto General Hospital Alumnae for collecting funds will be a help to other alumnae associations.

A captain and treasurer were appointed for the alumnae. They appointed a captain for each year of graduates, with assistants, according to the number of graduates in each year. The captains and their assistants made a personal canvass of each graduate, distributing pamphlets describing the pressing need of the campaign. These were also sent to the out-of-town graduates, together with a letter of appeal. The nurses

were much interested, and the following is a list of the contributions up to date:

Years		Years	
1887	$ 5.00	1904	5.00
1888	5.00	1905	20.00
1889	13.50	1906	109.00
1890	15.00	1907	50.00
1891	....	1908	35.00
1892	....	1909	5.00
1893	10.00	1910	35.00
1894	5.00	1911	10.00
1895	15.00	1912	39.00
1896	25.00	1913	77.00
1897	15.00	1914	64.00
1898	5.00	1915	47.00
1899	....	1916	81.00
1900	....	1917	66.00
1901	7.00	1918	114.50
1902	15.00	1919	150.00
1903	5.00		$1,048.00

The amount totalling $1,048.00.

Dr. and Mrs. Argue (Milla O'Donnel) are now living in Toronto, at 263 Wellesley Street.

Dr. and Mrs. Wilmot Blakeley (Gladys Dawson), who have been living at Ste. Anne de Bellevue, P.Q., have come to Toronto to live.

Miss J. Leishman, matron of M. D. No. 2, has returned from a three months' leave spent in England and Scotland.

Miss A. Hartley, who returned from overseas in charge of University Base Hospital, has been appointed matron of Brant Hospital, Burlington, Dept. of S. C. R.

Miss M. I. Kerr, who is in charge of the tuberculosis wards at Speedwell Military Hospital, Guelph, has been spending several days in town.

Misses Scadding, Samson and Galbraith are spending the winter in Los Angeles, California.

Miss Maud Coatsworth, head nurse, Ward I., is convalescing in P. Pavilion, after a tedious attack of typhoid.

Mrs. Ford (Mary Griffiths), Miss Alice Budge, Miss Elena Foster and Miss Adelaide Campbell, head nurse in Ward D, have all been ill and are now convalescent after a stay in P. Pavilion.

Toronto Hospital for Incurables

The graduating exercises for the 1919 class were held November 21st at the hospital. The president, Mr. Ambrose Kent, occupied the chair, and the invocation was given by Rev. Archdeacon Ingles. Dr.

Cody, in addressing the graduating class, referred to the wonderful work done during the war by both the medical and nursing professions, and the opportunities for service now. Miss Mortimor Clark presented the pins and diplomas. The gold medal presented by Mr. Ambrose Kent for first place in final examinations was presented by Mrs. Kent to Miss Schneider, and Miss Lowrie, having obtained an equal number of marks, was awarded one by the medical board. The silver medal given for second place, and presented by the examining board, was won by Miss Myers. The following graduated: Misses Annie Myers, Margaret A. Lowrie, Elsie Booth, Mabel Schneider and Edith Lawson. A reception and dance followed the exercises.

BRANTFORD

The annual bazaar under the auspices of the A. A. of Brantford General Hospital was held on the evening of December 4th, and was most successful. The proceeds amounted to $275.50, one-half of which was turned over to the "Blanche Neff" Memorial Fund.

Miss Maude Frost, of Toronto, has been visiting in the city.

Miss Elsie McKay has left to spend the holidays at her home in Regina.

* * * *

BRITISH COLUMBIA

The quarterly general meeting of the G.N.A. of B.C. was held January 10th at the Nurses' Residence, Royal Jubilee Hospital, Victoria; the president, Miss Mackenzie, in the chair. After the routine business, papers were read by Miss Jessie Forshaw, who spoke on the proposed plan of the Government to establish health centres throughout the province, and appealed to nurses to take up the work of public health nursing. Miss Johns, recently appointed director of nursing of the Nursing Department of the University of British Columbia, gave a lucid explanation of the steps taken by the university to establish this department, which at present was only in its formative state. Dr. H. E. Young, Provincial Health Officer, addressed the association on the health work in the province, and explaining the plans of the Government about public health matters. Miss Randal, Registrar, was appointed representative of the association at a meeting with the Red Cross, with a view of getting some definite plan of peace-time public health activities established. Musical selections were given by Miss Dorrell and Miss Middleton, and the meeting closed with a reception given to the returned army sisters in Victoria. There was a large attendance at the meeting, and it was thoroughly enjoyed by all.

The annual meeting of the Vancouver Graduate Nurses' Association was held Wednesday, January 7th. Excellent reports were brought in by the committees, and fifteen new members were accepted at the close of the meeting. The president, Miss C. M. Haskins, was re-elected, and Miss Althea McLellan secretary for 1920.

Miss Jean Beattie has accepted a position on the staff of the Penticton Hospital.

Miss R. Blyth and Miss Ewing are spending the winter in Honolulu.

Miss Snelgrove has been appointed on the staff of the Chilliwack Hospital.

Miss Jessie Hart, a charter member of the Provincial Executive, and who has been ill since July, is now convalescent, and it is hoped that she will soon be well enough to resume her active life.

Miss E. J. Thompson has left for a staff position at the Powell River Hospital.

Miss Warrender, Miss Callendar and Miss Westman have taken positions on the staff of Miss Lothian's private hospital, Bellingham, Wash.

BIRTHS

SLOAN—At the Vancouver General Hospital, December 6th, 1919, to Hon. W. H. and Mrs. Sloan, a son. Mrs. Sloan was Miss Catherine MacDougall, graduate of Vancouver General Hospital.

WEBER—At Sedgewick, Alberta, on November 15th, 1919, to Mr. and Mrs. B. S. Weber, a daughter. (Mrs. Weber was formerly Miss Mary Nicol, R.N., graduate of Edmonton General Hospital.)

WYNNE—At Philadelphia Maternity Hospital, on December 12th, 1919, to Mr. and Mrs. Robert Wynne (nee Lillian Kennedy, T.F.H.C., '17), a daughter.

MARRIAGES

HEALY-CAMERON—At Ingersol, on October 8th, 1919, R. R. Cameron, of Ailsa Craig, to Martha Healey. Miss Healey is a member of class 1912.

HOARE-COWAN—At St. Matthew's Church, Ottawa, on November 16th, 1919, Catherine A. Cowan, graduate of the Lady Stanley Institute, Ottawa (1918), to William H. B. Hoare, of St. Andrew's Mission, Coronation Gulf, Arctic Coast.

HORTH-MUTCH—At the home of the bride's parents, 2646 Yukon Street, Vancouver, on December 28th, 1919, by the Rev. A. E. Mitchell, Ethel Jean Mutch, graduate of the Vancouver General Hospital, to Douglas Charles Horth.

JOHNSON-COX—At Christ Church, Vancouver, by the Rev. Dr. Craig, Alma O. Johnson, of Highgate, Ont., graduate of Victoria Hospital, London, Ont., to Herbert Cox, of Victoria.

LEWIS-LAUDER—In Hamilton, on December 6th, 1919, Miss Margaret (Dell) Lauder to Capt. E. P. Lewis, C.A.M.C.

DEATHS

BONE—At Guelph, Ont., November 26th, 1919, Helen Bone, graduate of Grace Hospital, Toronto, Ont., and late school nurse for South Vancouver. She also had charge of the Emergency Hospital, South Vancouver, B. C., during the influenza epidemic.

SUTTON—At the Western Hospital, Montreal, on December 1st, 1919, K. Louisa Sutton, graduate of Montreal Maternity Hospital and of an English maternity hospital.

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